

## Core Exercises

1-Minute / Exercise, 8+ per circuit (choose any exercises)

### On Back

- **Standard Sit-Ups / Crunches**
- **Straight Leg Sit-Ups**
- **Side Sit-Ups / Crunches**
- **6-Inches / spicy variations**
- **Alternate Toe Touches**
- **Bicycles / Cross-Overs** (leg movements should replicate running mechanics)
- **Russian Twists**
- **Penguins / Reach Throughs**

### On Stomach

- **Standard Plank / Side Plank**
- **Opposite Arm – Opposite Leg**
- **Superman's**
- **Australian Crawl (Freestyle Swimming)**
- **Push-Ups**
- **Plank to Push-Up Position**
- **Mountain Climbers**

Perform this routine twice a week

## Lunge – Squat Routine / Leg Exercises

2 SETS / ~12 reps each

- **Forward Lunge**, alternate legs – standard lunge, walking or in-place
- **Reverse Lunge**, alternate legs – stepping backward, walking backward or in-place
- **Sideways lunge**, alternate legs – stepping directly to the side
- **Standard Body Weight Squat** (can add weight)
- **Jump Squat -or- Split Squat**

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### *Additional Exercises*

- **Full Body Box Step-Ups** (~3ft. plyometric box or stadium steps)
- **Short Box, Quick Steps** (~6inch plyometric box)
- **Side-to-Side Step-Ups** (ladder drill motion on ~6inch plyometric box)
- **Wall Sit** (4 sets of 30 seconds)
- **Jumping burpees**
- **Leg Bridges / Single-Leg Bridges** (Isolating Hamstrings)

Perform this routine twice a week – Included in Post-Race Routine

# Hip Mobility Routine

1 SETS / 10-12 Reps per Leg -or- Timed Exercise

- **Horizontal Leg Lifts** – laying on side lifting leg directly upward
- **Squat Shuffle** – 20-30m both ways
- **Clams** – Laying on side with knees bend 90 degrees, raising top knee upward
- **Standard Bridges** – Laying flat on your back, both feet flat & planted on the ground
- **Single Leg Bridge** – One leg ended straight out, one leg with foot planted flat on ground
- **Fire Hydrants** – Lifting knee & leg directly up-outward from hands & knees position
- **Donkey Kicks** – Extending leg straight backward from hands & knees position
- **Windshield Wipers** – Bringing knees directly inward to the ground from sitting position with knees in the air
- **Inverse Windshield Wipers** – Bringing knees directly outward to the ground from sitting position with knees in the air
- **Side Planks** – both sides for 2 x 30-seconds

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Additional Exercises / Movements:

- **Donkey Whips** – Extended leg with side-to-side motion from hands & knees position
- **Hurdle Trail Leg** – Forward Motion & Reverse-Backward Motion, hands/knees position
- **Knee Circles** – (Clockwise & Counterclockwise) from hands & knees position
- **Lower Body Crawl** – From chest, bringing knee from flat/extended position up to elbow
- Lateral Leg Swing / Linear Leg Swing / Linear Leg Swing with Bent Knee
- Lunge with side-to-side twist

Perform this routine twice a week – Included in Post-Race Routine

## “Quick” Circuit

**2 or 3 SETS, 4 Exercises** / 30-Seconds Each Exercise (30-second rest - rotation)

(Choose 4 Exercises)

- **Quick Steps on Short Box \*\***
- **Jumping Burpees \***
- **Mountain Climbers \***
- **Jump Squats \***
- **Push-Ups -or- Push-Up to Plank Position -or- Clap Push-Ups (Rockies, sets of 3) \***
- **Running V-Sits -or- V-Sit Flutter Kicks -or- V-Sit Scissor Kick**
- **Australian Crawl (Freestyle Swimming on land)**
- **6-Inches Sit-Ups**

Once a Week

Form Drills & Mechanics should be implemented more-so in the latter half of each season.

## Dumbbell / Free-Weight Routine

3 SETS / 10 Reps per Exercise (5): 10lb. -to- 25lb. Weights

- **Arnold Press**
- **Hammer Curls**
- **Bent over rows**
- **Single arm dumbbell row**
- **Dumbbells bench-press**

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### *Additional Exercises:*

- Triceps Extensions
- Alternating Front Raises
- Standing or Bench Chest Fly's
- Dips (on bench)

Perform this routine twice a week – Interchangeable with Weight Plate Routine

## Mechanics / Form Drills

About 25 meters, 2-ways, for Each Movement / Drill

Maintain balance & control, at about 75% “quickness” with each movement

- **High Knees**
- **Butt Kickers**
- **A-Skip** – Skipping High Knees (**slowly**)
- **One-Leg, High Knee Skip** – A-Skips, isolating one leg’s hip & knee drive
- **B-Skip** – High-Knee Skip with Extending Leg Forward
- **Carioca, with Exaggerated High Knees**

### KEYS:

Balance – Posture – Fluid Mechanical Movements – Driving Knees/Heels/Hips/Arms

- Walk if necessary to achieve each movement. Control is Key.

### Once a Week

Form Drills & Mechanics should be implemented more-so in the latter half of each season.